



## Lauren's Grapefruit Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



219 kcal

BEVERAGE

DRINK

### Ingredients

- 1 tablespoon agave syrup
- 1 cup grapefruit juice fresh
- 1 cup ice cubes
- 1 cup juice of lime fresh
- 0.5 cup tequila
- 0.5 cup triple sec

### Equipment

## Directions

- Stir together the grapefruit juice, lime juice, triple sec, tequila, and agave syrup in a pitcher, and mix with ice cubes. Strain the cocktail into 4 margarita glasses; garnish each cocktail with a few pomegranate seeds.

## Nutrition Facts

PROTEIN 2.44% FAT 1.83% CARBS 95.73%

## Properties

Glycemic Index:19.5, Glycemic Load:3.72, Inflammation Score:-4, Nutrition Score:3.2486956495306%

## Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 218.7kcal (10.94%), Fat: 0.21g (0.33%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 24.84g (9.03%), Sugar: 20.58g (22.87%), Cholesterol: 0mg (0%), Sodium: 8.22mg (0.36%), Alcohol: 17.69g (100%), Alcohol %: 9.21% (100%), Caffeine: 7.67mg (2.56%), Protein: 0.64g (1.28%), Vitamin C: 34.91mg (42.32%), Potassium: 176.02mg (5.03%), Magnesium: 12.27mg (3.07%), Copper: 0.04mg (2.22%), Folate: 8.81µg (2.2%), Phosphorus: 17.98mg (1.8%), Iron: 0.32mg (1.8%), Vitamin B6: 0.04mg (1.78%), Vitamin B3: 0.35mg (1.73%), Vitamin B1: 0.02mg (1.63%), Calcium: 15.31mg (1.53%), Vitamin K: 1.54µg (1.47%), Vitamin B5: 0.13mg (1.33%), Vitamin B2: 0.02mg (1.32%), Fiber: 0.31g (1.25%), Vitamin E: 0.18mg (1.23%), Manganese: 0.02mg (1.08%)